



Osage Health Newsletter

LATEST HEALTH & WELLNESS NEWS, ACTIVITIES, AND HAPPENINGS

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Health & Wellness Topics

The very latest of a variety of Health & Wellness topics happening today.

Mark Rogers, Osage Nation Health System CEO Honored at 2025 Seven Feathers Gala



L to R: Michael Bristow, Si-Si A-Pe-Ixa (SSAPT) Health Board Vice Chairman, Mark Rogers (CEO of Osage Nation Health System), Cindra Shangreau, SSAPT Health Board Chairwoman, Principal Chief of The Osage Nation Geoffrey Standing Bear

The Osage Nation Health System is proud to celebrate our CEO, Mark Rogers, for being honored on November 1st at the Cherokee Phoenix's 2025 Seven Feathers Gala, where he received the prestigious Service Award.

Mark Rogers has dedicated over 40 years of service to both his country and his community. A decorated Gulf War combat veteran, he served as a lieutenant colonel and senior health services administrator for the 137th Special Operations Wing and the Special Operations Medical Group of the Oklahoma Air National Guard.

Following his military service, Rogers continued his lifelong commitment to public service by improving health care access for Native Americans across Oklahoma. His leadership has extended to numerous initiatives, including the White House's Native American Veterans Healthcare Policy Development Review Team, the Oklahoma Trauma System Advisory Council, and the Oklahoma Health Workforce Improvement Task Force.

Today, as CEO of the Osage Nation Health System, Rogers continues to advance the mission of improving the health and well-being of Osage citizens and Native families through compassionate, culturally grounded care.

Please join us in congratulating Mark Rogers for this well-deserved recognition and in thanking him for his continued service and leadership to the Osage Nation and Indian Country.



Seven Feathers Awardees (backrow from L to R; Johnnie Earp, Demos Glass, Johann Webber, Emma Dorman, Mark Rogers, Dillan Springer) with Cherokee Nation Principal Chief Chuck Hoskin Jr., Cherokee First Lady January Hoskins, Councilman Joe Deere, and Cherokee Phoenix staff.

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Mark Rogers, Osage Nation Health System CEO Honored at 2025 Seven Feathers Gala



Mark Rogers, ONHS CEO



Chief Geoffrey Standing Bear, Mark Rogers ONHS CEO, and Joe Deere, Cherokee Councilman.



Mr. Mark Rogers, son Bevon Rogers, and his mother Kim Grant



Mark Rogers, ONHS CEO

12 Reframes to Help with Diabetes Distress

- It's not your fault you have diabetes. It's not your fault your pancreas doesn't work right.
- You can't control your blood sugars all the time, but you can take actions to manage your diabetes to the best of your ability.
- Blood sugars are not good or bad, they are just numbers that inform us of what action is needed next.
- Listen to your self-talk. It is tempting to be overly self-critical and blame ourselves. Try to imagine you are coaching a friend with diabetes. What advice or coaching would you provide?
- Diabetes isn't about perfect or getting it right all the time. It's about taking baby steps to make small improvements and keep safe.
- Take short mental breaks from your diabetes – walk outside, enjoy a hobby, listen to music, volunteer, join a group.
- Talk about your feelings to friends and family. Let them know how to help you succeed and things that don't help.
- Keep active, nourish your body, try meditation, enjoy oxygen cocktails, get out in nature.
- Remind yourself of all the work you ARE doing to manage your diabetes.
- Join diabetes camps, social media groups, find your people, your community.
- Consider connecting with a mental health professional.
- Remember, you are not alone. You are resilient. You are not your blood sugars. You got this. Baby Steps

www.DiabetesEd.net | 2025

2025 Osage Nation Holiday Market

*Bring the family!
Enjoy shopping
featuring Native
American and
local vendors.*

**Saturday,
December 6, 2025**

9 AM TO 3 PM

**Food. Gifts.
Art. Crafts.
Connections.**

**Osage County Fair
Grounds Ag Building**

**320 Skyline Drive
Pawhuska, OK 74056**

Questions? Please call
ONHS Prevention Program
at 539.212.2521.



OSAGE NATION HEALTH SYSTEM
A Culture of Caring

Osage Nation Health System Sponsors “Building Bridges in Tribal Health” Luncheon; CEO Mark Rogers Honored with Oklahoma Rise 25 in 25 Luminary Award



Osage Nation Principal Chief Geoffrey Standing Bear welcoming luncheon guests.



[R to L] With Victor Flores, Dr. Keley Booth presenting the Oklahoma Rise 25 in 25 Luminary Award for ONHS CEO Mark Rogers which was accepted by Kirk Shaw ONHS COO, and SSAPT Health Board Vice-Chairman.



Oklahoma Rise 25 in 25 Luminary Award

On Friday, November 14th, the Osage Nation Health System (ONHS) had the privilege of sponsoring and hosting the “Building Bridges in Tribal Health” luncheon, held at the Osage Casino in Pawhuska. The event was conducted in partnership with the Musculoskeletal Consortium of Oklahoma, whose work continues to support innovative collaboration and improved outcomes in Native health care.

This impactful gathering brought together tribal health leaders, medical providers, clinicians, administrators, and partner organizations from across the state. The purpose was clear and deeply meaningful: to open essential conversations on strengthening, expanding, and sustaining Tribal Health—particularly in rural Indian Country, where access and resources remain critically important.

Throughout the luncheon, speakers highlighted key challenges and promising strategies for improving care delivery, workforce development, behavioral health integration, chronic disease management, and culturally centered approaches to community wellness. The event served as both a learning opportunity and a call to action, reinforcing the need for strong intertribal partnerships and innovative health solutions.

A moment of celebration came as CEO Mark Rogers was honored with the Oklahoma Rise 25 in 25 Luminary Award. This recognition reflects his exceptional leadership, strategic vision, and unwavering dedication to advancing tribal health care across the region. Under his guidance, ONHS continues to pursue new initiatives, expand services, recruit skilled providers, and elevate the overall standard of care for Osage families and beyond.

As host of this year’s luncheon, the Osage Nation Health System was proud to provide a space where collaboration, innovation, and shared purpose could flourish. Strengthening tribal health systems requires unity, persistence, and vision—and events like this bring those goals within reach.

MCOK
MUSCULOSKELETAL CONSORTIUM
OF OKLAHOMA

MCOK is coming to Pawhuska!
Join us for a collaborative luncheon:
**Building Bridges in
Tribal Health**
Friday, November 14th
11:00 AM - 1:00 PM

Osage Nation Health System Public Health Department and Osage Nation Fitness Center Hold the 2025 Zombie Run



The Osage Nation Public Health Department, in partnership with the Osage Nation Fitness Center, proudly celebrates the success of the 2025 Zombie Run. This year's event brought together community members of all ages for a morning of fun, fitness, and fall festivities—with 48 total participants and 39 official finishers crossing the line.

A special thank you goes to Nexus Timing, whose support and expertise played a key role in making this event possible. Their team certified our course, provided essential race materials, and offered hands-on assistance throughout the event. We deeply appreciate their professionalism and their continued partnership in promoting health and wellness within the Osage community.

We also extend our gratitude to the many volunteers who dedicated their time and energy. From those who set up the race route to those who participated in the Trunk-or-Treat activities, your contributions helped create a safe, engaging, and memorable experience for all attendees. Your commitment to community wellness does not go unnoticed.

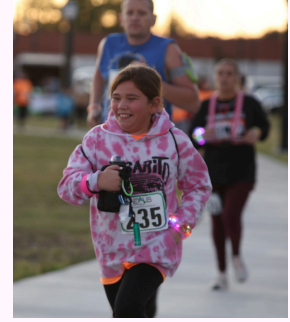
To all of our runners—thank you for showing up, giving it your all, and making this event lively and competitive. Congratulations to our finalists and the winners of our prize drawings. Your enthusiasm and spirit help strengthen our mission to promote healthier lifestyles throughout the Osage Nation.

Osage Nation Public Health and the Osage Nation Fitness Center look forward to welcoming everyone back for future races and community events. Together, we continue to build a stronger, healthier Nation—one step, one mile, and one race at a time.



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Osage Nation Health System Public Health Department and Osage Nation Fitness Center Hold the 2025 Zombie Run



ZOMBIE 5K RUN WINNERS!

5K FEMALE • AGES 5-12 1ST - EMEREE CALKINS (BIB 373) - 25:42 - 8:15/MILE 2ND - ZAYLET WEST (BIB 649) - 32:36 - 10:28/MILE 3RD - ALAYLA WEST (BIB 648) - 32:36 - 10:28/MILE	5K MALE • AGES 29-39 1ST - BEN BOWLES (BIB 220) - 26:20 - 8:27/MILE 2ND - BRANDON GILLUM (BIB 378) - 29:44 - 9:32/MILE 3RD - DAVID MOORE (BIB 331) - 48:17 - 14:40/MILE
5K MALE • AGES 5-12 1ST - ZAYDEN GILLUM (BIB 377) - 1:19:07 - 25:25/MILE	5K FEMALE • AGES 40-49 1ST - KATIE WILSON (BIB 234) - 27:11 - 8:44/MILE 2ND - HOLLIE SAVAGE (BIB 328) - 30:45 - 9:50/MILE 3RD - ROBYN RYE (BIB 231) - 40:49 - 13:07/MILE
5K FEMALE • AGES 13-17 1ST - JOLEY ERNE (BIB 641) - 24:07 - 7:45/MILE 2ND - STELLAN MCKINLEY (BIB 98) - 43:05 - 13:48/MILE	5K MALE • AGES 40-49 1ST - TIMOTHY RYE (BIB 232) - 22:28 - 7:12/MILE 2ND - JUSTIN WILSON (BIB 233) - 27:01 - 8:40/MILE 3RD - MICHAEL ROSS MASHUNKASHEY (BIB 99) - 41:30 - 13:19/MILE
5K MALE • AGES 13-17 1ST - ELIJAH BURCHETT (BIB 227) - 15:31 - 4:59/MILE	5K FEMALE • AGES 50+ 1ST - SENTA ERNE (BIB 642) - 33:03 - 10:37/MILE 2ND - DOLLY JOHNSON (BIB 647) - 40:45 - 13:05/MILE 3RD - PAM JOHNSON (BIB 646) - 45:04 - 14:28/MILE
5K FEMALE • AGES 18-28 1ST - TOMNI DAVIS (BIB 330) - 48:18 - 14:40/MILE 2ND - RYANN WINTERBOWER (BIB 229) - 52:19 - 16:42/MILE	5K MALE • AGES 50+ 1ST - DANIEL THORNTON (BIB 237) - 45:34 - 14:38/MILE
5K FEMALE • AGES 29-39 1ST - MARY JACOBS (BIB 244) - 36:27 - 11:42/MILE 2ND - CASSANDRA WYLIE (BIB 225) - 44:33 - 14:19/MILE 3RD - SAMANTHA GILLEY (BIB 329) - 51:27 - 16:30/MILE	

Osage Nation Health System Recognizes COPD Awareness Month & Lung Cancer Awareness Month

November is a time for the Osage Nation Health System to raise awareness about two serious respiratory illnesses that impact Native communities at significantly higher rates: Chronic Obstructive Pulmonary Disease (COPD) and Lung Cancer. Both conditions can be life-threatening, but with awareness, early detection, and prevention, we can support healthier futures for our families and communities.

COPD Awareness Month

COPD is a progressive lung disease that makes it difficult to breathe and includes conditions such as chronic bronchitis and emphysema. According to the CDC, American Indian and Alaska Native people experience COPD at higher rates than the general U.S. population due to factors such as smoking, secondhand smoke exposure, limited access to specialty care, and environmental irritants.

Common symptoms include:

Persistent cough

Shortness of breath

Wheezing

Chest tightness

Frequent respiratory infections

Early diagnosis is key. Many people mistake early symptoms for aging or seasonal allergies. If you or a loved one experiences chronic breathing issues, ONHS encourages you to schedule a respiratory evaluation.

Ways to reduce your risk:

Quit smoking or vaping; avoid secondhand smoke

Stay physically active

Keep up with vaccinations (flu, pneumonia, RSV)

Manage asthma or respiratory issues with guidance from your provider

Reduce exposure to environmental pollutants when possible

COPD cannot be cured, but with early medical care, systems can be managed and quality of

life can be greatly improved.

Lung Cancer Awareness Month

Lung cancer remains the leading cause of cancer-related deaths in the United States, but it is also one of the most preventable. Native communities experience higher mortality rates linked to lung cancer due to smoking, delayed diagnosis, and reduced access to screenings.

Know the warning signs:

Persistent cough that worsens over time

Unexplained weight loss

Chest pain

Coughing up blood

Recurring lung infections

Shortness of breath

Many lung cancer cases show no symptoms until advanced stages, which is why screening is critical for those at higher risk.

Low-Dose CT Screening

Adults between the ages of 50–80 who are current smokers or have quit within the past 15 years—and who have a significant smoking history—may qualify for a low-dose CT lung screening. This imaging test can detect lung cancer early, when treatment is more effective.

If you believe you may qualify, the Osage Nation Health System encourages you to speak with your provider about screening options available through ONHS.

By promoting awareness, supporting smoke-free living, expanding access to screenings, and providing culturally respectful care, we continue to work toward healthier futures for our people.

If you have concerns about breathing issues, COPD symptoms, smoking cessation, or lung cancer screening, please contact your ONHS provider to schedule an appointment 918.287.9300.

Taking action today can save lives tomorrow.

Surviving the Holidays – 10 Steps to Success

By Beverly Thomassian, RN, MPH, CDCES, BC-ADM

Even when everything goes according to plan, the holiday season can be stressful. We get out of our usual sleep and work rhythms. There are travel negotiations, eating out, parties, counters filled with treats, kids on vacation, and visitors. What can we do to make it through the holiday season and be ready to embark on a new year feeling our best? We have ten strategies for you. And even if you can't do all ten, just pick one or a few that you feel you can commit to and succeed with most of the time.

1. **Be a sleep warrior** – Americans are chronically underslept. Not getting enough sleep is associated with increased hunger, higher blood sugars, poor concentration, more illness, and impaired problem-solving. Make sure to give yourself the gift of at least 7 hours of sleep a night. This sleep will help you make the best choices for your health and will protect against illness and fatigue. You got this. **Goal:** Get at least 7 hours of sleep a night. You deserve it.

2. **Keep active** – Holidays can put our exercise plans to the test, but we have some workaround ideas for you. Invite friends and family to join you for an after-meal stroll instead of plopping on the couch. After a meal, walking lowers post-meal blood sugars and increases energy by activating muscles. And just 10 minutes of walking after meals can make a big difference. Other ideas include: playing catch or Frisbee, putting on some music and getting people dancing, raking leaves, organizing a game of touch football, and having family and friends

sign up for a local walk event. **Goal:** Work toward 30 minutes of activity a day.

3. **Don't forget the Fiber** – With all the snacks and tempting foods, whole healthy foods may take a back seat. Enjoy the abundance of seasonal vegetables, fruits, nuts, and grains that are fiber-rich and that decrease inflammation. Examples include: yams, squash, mandarin oranges, almonds, pistachios, quinoa, kale, brown rice, warm oatmeal, salads, and broth-based soups. **Goal:** Strive to eat at least 25 grams of fiber a day

4. **Enjoy the ultimate beverage** – H2O. Water is the perfect way to keep hydrated, replenished, and keep appetite in check. Add a splash of flavor with a jigger of fruit juice or fresh cucumbers, lime slices or a sprig of rosemary. Be creative. Sparkling waters come in a vast variety of flavors, are calorie-free, and contain no artificial sweeteners. **Goal:** Keep hydrated by enjoying plenty of water.

5. **Keep an eye on alcohol** – While it's true that red wine offers a beneficial anti-inflammatory compound called resveratrol, drinking too much alcohol can lead to unintended outcomes. Studies show that we make poorer food choices if alcohol is on board. This can pose special challenges in party settings, where temptations abound. A drink of alcohol contains about 100 calories, and mixed drinks have even more. In addition, alcohol can lead to low blood sugars, especially for those taking insulin or sulfonylureas. **Goal:** Limit alcohol to one drink a day for women, two drinks a day for men.

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Surviving the Holidays – 10 Steps to Success

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6. You are already sweet enough – Holidays and sugar go hand in hand. If possible, try to eat less than 6 teaspoons of added sugar (not including natural sugars found in fruit and milk). This goal may not be realistic every day, but aim for success most of the time. Excess sugar intake can cause inflammation and the buildup of fat in the liver. One strategy is to limit sugar intake during the day and save your 6 teaspoons for that special dessert or parties. When looking at labels, it is helpful to know that 1 teaspoon of sugar equals 4 grams. **Goal:** Limit sugar to 6 teaspoons (24 grams) a day.

7. Your teeth need extra special attention – Taking care of our teeth and gums improves health. Gum inflammation is associated with blood vessel inflammation. Swollen gums can also lead to an increase in blood sugars. During the holidays, find time for regular oral hygiene. Your mouth (and dental team) will thank you. **Goal:** Brush teeth at least twice daily and floss at least one daily

8. Keep connected to friends and family who love you just the way you are! – As enjoyable as holidays can be, reuniting with family can also cause stress and stir-up emotions. Feeling out of sorts can lead to stress eating and decrease self-care. If possible, reach out to a trusted friend to share your feelings or keep a holiday journal. Consider bringing a favorite book along during your travels, that you find inspiring and comforting. Give yourself permission to steal away for some quiet time. **Goal:** Self-care is important during the holidays

9. Enjoy an Oxygen Cocktail – Studies show that when humans venture into nature and outdoor settings, heart rate and blood pressure improve. Take a moment to appreciate the feeling of the air on your skin, take a deep breath of fresh air, try to find nests in leafless trees, listen to the animal sounds and bird songs, and enjoy that moment. **Goal:** Step into nature daily

10. Take inventory of things that you are grateful for – Find a moment each day to reflect on a few things that brought you joy or good feelings. Maybe it was your cousin who lent you her favorite sweater. Or an Aunt who gave you the best hug. Memorable moments with a best friend or an after-dinner walk, enjoying the fall leaves. These small moments of connection and beauty are among the most treasured gifts of the holiday season, lingering in our hearts and memories long after we say our goodbyes. **Goal:** Take note of special moments





PROVIDER SPOTLIGHT

D. Bradley Cobb, O.D. completed his medical education at the Southern College of Optometry in Memphis, Tennessee earning his doctorate. He has almost 31 years of experience as an Optometrist. All those years were spent in private or working in private practices. Dr. Cobb has extensive education in diagnosing and managing ocular diseases, with particular emphasis on Diabetes, Glaucoma, Macular Degeneration, cataracts, contact lens refraction, and refractive surgery referrals. Dr. Brad Cobb is a Cherokee Nation tribal citizen, and as a Native Optometrist, he has an added layer of understanding regarding the health care needs of our population. Born and raised and still living in Bartlesville, Oklahoma, he served on the Cherokee Nation Council from 2007-2011. He was a member of the U.S. Paralympic Cycling Team. He competed in the 2000 Olympic Games in Sydney, Australia, earning a Bronze Medal, and the 2004 Olympic Games in Athens, Greece, finishing seventh. When Dr. Cobb is not working, he enjoys outdoor activities and spending time with family.



Chair Ballet Classes

Join us for our new
Chair Ballet classes every
Wednesday 10:30-11:30am

Classes are free for elders and will be held at
ONHS Elder Nutrition / Title VI
350 Senior Circle Drive



Attention Patients:

Please bring all of your current medication bottles to your appointments. This will help our providers and nurses accurately review and enter your information into our new electronic health system, Epic.

Thank you for your cooperation and understanding!



Osage Nation Health System - Pharmacy
316 E. Main Street, Pawhuska, OK. 74056 918.287.9300

Diabetic Eye Disease, Who Is At Risk?

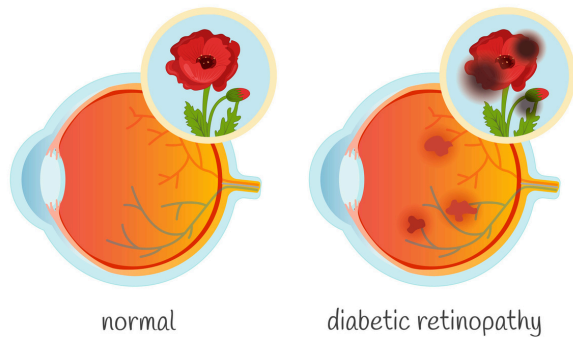


Photo: @istock / Alena Idgeeva

Diabetic retinopathy is the leading cause of vision loss in people with diabetes, and about one in three with diabetes over the age of 40 have some signs of the disease. If you have diabetes, you are twice as likely to develop glaucoma and/or cataracts. Those who do not have their blood glucose or blood pressure well treated and controlled are at the highest risk of developing diabetic eye disease. American Indians and Alaska Natives are one of the groups at highest risk.

Common Symptoms

There are often no early symptoms of diabetic eye disease. The damage may grow inside your eyes without any pain or change in your vision. Some of the symptoms that may occur include blurry or wavy vision, frequent vision change, dark areas or vision loss, poor color vision, spots or dark strings (floaters) and flashes of light.

When Should I See my Provider?

You should contact your provider right away if you have any sudden change in your vision, including flashes of light or

more spots (floaters) than usual. Immediately see a provider if you notice what appears to be a curtain pulled over your eyes as this is a symptom of retinal detachment and is a true medical emergency.

What Can I Do?

Regular medical exams with good control of blood glucose and blood pressure as well as routine diabetic eye exams are ways to help. Good control of cholesterol is also important. It is also important to stop smoking if you do so. Always consult with your primary care provider to formulate a plan to reach your diabetes goals and maintain eye health.

Reference:
<https://www.niddk.nih.gov/health-information/diabetes/overview/preventing-problems/diabetic-eye-disease>

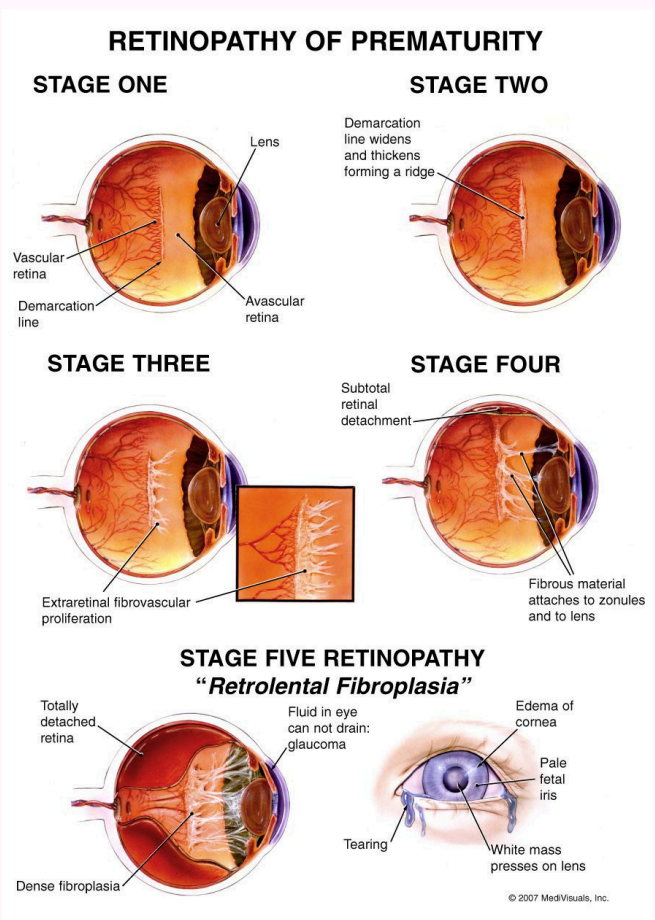


Photo source: optomed.com

Diabetes and its Effects on Oral Health

By Miranda Scholz, DDS



Photo: @istock / Halfpoint

Patients with diabetes are at higher risk for oral disease than patients without diabetes. Since November is Diabetes Awareness Month, let's discuss what steps can be taken to keep your mouth healthy and whole.

Gingivitis is inflammation of the gums caused by dental plaque bacteria. If left untreated, gingivitis will progress into periodontal disease, the teeth will lose some of their supporting bone, and the teeth will become loose. Patients with uncontrolled diabetes are more likely to develop gum disease because of an exaggerated inflammation response to the bacteria in dental plaque.

Patients taking multiple medications, including diabetic patients, may experience dry mouth. Saliva helps to prevent cavities by washing food and plaque away from the teeth as well preventing the

amount from becoming too acidic. Diabetic patients with dry mouth can therefore be at higher risk for developing cavities.

Diabetes also suppresses the body's healing response. Patients may have a more difficult time healing after oral surgery or tooth extractions. Similarly, diabetic patients also have more difficulty fighting infections, including those in the mouth.

So what can be done to prevent these complications?

- Brush your teeth twice a day with a soft-bristled toothbrush to remove the gum disease-causing plaque bacteria.
- If you have dentures, remove them at night and clean them thoroughly every day.
- Manage your blood sugar levels by monitoring your diet and getting plenty of physical activity. Check your glucose and A1C levels regularly.
- Avoid tobacco products, which can be harmful to your dental health.

Lastly, follow up routinely with your medical and dental team at the Wahzhazhe Health Center. The dental and medical staff work together closely to help our patients manage their diabetes well through our diabetic program. Call us to schedule your appointment at 918-287-9300.

APPLY NOW







**OSAGE NATION
HEALTH SYSTEM**
A Culture of Caring



AAAHC
ACCREDITATION ASSOCIATION
for AMBULATORY HEALTH CARE, INC.



carf
ACCREDITED



OSAGE NATION COUNSELING CENTER PRIMARY RESIDENTIAL TREATMENT (PRT) CENTER

"Substance Abuse Recovery Starts Here!"

- 90-Day Residential Program
- For Native Americans (with CDIB)
- Culturally Based Healing Approaches
- Located at New Osage Nation Counseling Campus

**Please take
our survey.**



WE SEE YOU!

Are you or someone you love seeking support for recovery from drug or alcohol addiction? The Osage Nation Primary Residential Treatment (PRT) Center is now accepting new clients, for both women's and men's facilities.

CONTACT US!

**Osage Nation
Counseling Center**

473 Elks Lodge Road,
Pawhuska, OK. 74056

539.212.2499

Osagehealth.org



Protecting Your Vision When Living With Diabetes

By: Lompoc Valley Medical Center

Diabetes can increase your risk for serious eye and vision problems, but taking proactive steps can help protect your eyesight and prevent long-term damage. Here are key ways to support your eye health:

Get Regular Eye Exams

A comprehensive, dilated eye exam once a year is essential. Many diabetes-related eye diseases—such as retinopathy, cataracts, and glaucoma—begin without symptoms. Early detection allows for early treatment and helps prevent vision loss.

Manage Your Blood Sugar, Blood Pressure & Cholesterol

High blood sugar, high blood pressure, and high cholesterol can damage the blood vessels in your eyes. Work with your provider to keep these levels in a healthy range. Taking medications as prescribed, eating balanced meals, staying hydrated, and exercising regularly all support better eye health.

Eat for Healthy Vision

Certain nutrients can protect the eyes from inflammation and oxidative stress.

Aim to include foods rich in:

Vitamin C (citrus fruits, tomatoes)

Beta carotene (carrots, sweet potatoes)

Omega-3s (salmon, tuna, mackerel)

Leafy greens (spinach, broccoli)

These foods support the retina, help reduce vision-related inflammation, and may lower the risk of glaucoma and macular degeneration.

Stay Active

Regular physical activity improves blood sugar control and circulation, lowering your risk for diabetes-related eye complications. Walking, swimming, cycling, and strength training are safe and effective options.

Quit Smoking

Smoking damages blood vessels and raises the risk of eye disease. If you smoke, talk with your doctor about quitting support or nicotine replacement options.

Protect Your Eyes Outdoors

Wearing sunglasses that block 100% of UVA and UVB rays can reduce the risk of cataracts and macular degeneration. Even on cloudy days, UV protection is important.

When to See a Doctor Immediately

Contact your provider if you experience:

Blurry or cloudy vision

Flashes of light

Eye pain

Sudden changes in vision

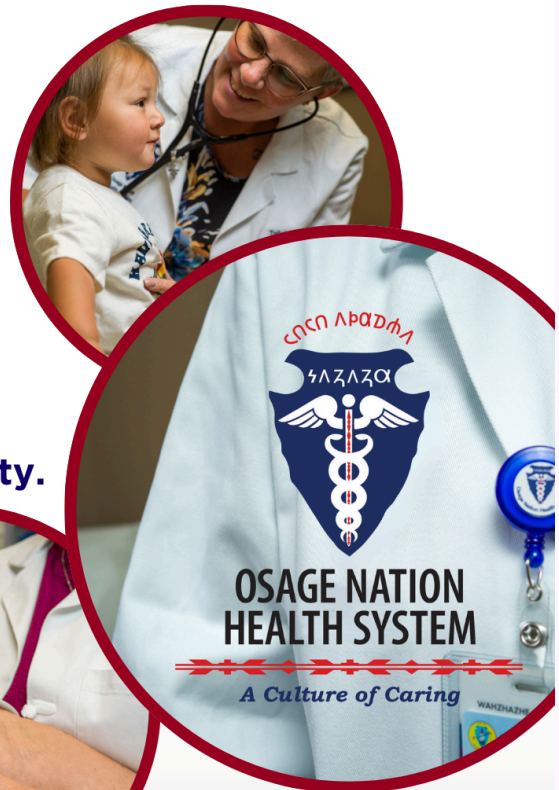
Prompt evaluation can prevent further damage.



Community Health Screenings

Serving anyone living in Osage County.

Free Health Screenings
 Blood Pressure
 A1C
 Cholesterol
 HDL Cholesterol
 Triglyceride
 Glucose
 Calc LDL
 Height
 Weight



FREE FLU & COVID-19 VACCINES

Tuesday, November 18, 2025

- 9 am - 3 pm: Osage Nation Casino Ponca City (Redbud Rm.), 64464 US Highway 60 Ponca City, OK 74604

Wednesday, November 19, 2025

- 8:30 am - 12:30 pm: Osage Nation Casino Tulsa (Thistle Banquet Rm.), 951 W 36th Street North Tulsa, OK 74127

Thursday, November 20, 2025

- 10 am - 2 pm: Osage Nation Casino Sand Springs (Mobile Medical Unit), 301 Blackjack Dr. Sand Springs, OK 74063

Thursday, November 25, 2025

- 9 am - 3 pm: Pawhuska Flagpole Drive Thru (Mobile Medical Unit)

Tuesday, December 2, 2025

- 9 am - 3 pm: Osage Nation Casino Bartlesville (MMU), 1803 US 60 Bartlesville, OK 74003

Thursday, December 4, 2025

- 9 am - 3 pm: Osage Nation Casino Fairfax Fitness Center (Mobile Medical Unit), 115 W. Elm St. Fairfax, OK. 74637

Tuesday, December 9, 2025

- 9 am - 3 pm: Osage Nation Casino Hominy (Mobile Medical Unit), 39 Deer Avenue Hominy, OK. 74035

Thursday, December 11, 2025

- 9 am - 3 pm: Osage Nation Casino Pawhuska (Mobile Medical Unit), 1421 John Dahl Avenue Pawhuska, Ok. 74056

Contact ONHS Public Health Department at 539.212.2374
www.osagehealth.org

November 20 – The Great American Smokeout

The Osage Nation Health System is proud to recognize the Great American Smokeout, an annual event held on the third Thursday of November and led by the American Cancer Society (ACS). This day encourages people who smoke to make a plan to quit—or to take the first step toward a healthier, smoke-free life.

According to the American Cancer Society, quitting smoking is one of the most important actions a person can take to improve their health. Smoking remains the leading preventable cause of death in the United States, contributing to cancer, heart disease, stroke, lung disease, and numerous other chronic conditions. The ACS reports that within minutes of quitting, the body begins to heal—and long-term benefits continue to grow with each passing day.

Why the Great American Smokeout Matters
American Indian and Alaska Native people experience some of the highest rates of commercial tobacco use in the country, placing Native communities at increased risk for lung cancer, COPD, heart disease, and stroke. ONHS recognizes the importance of culturally grounded support and prevention efforts that honor the difference between traditional, sacred tobacco and commercial tobacco products.

The Great American Smokeout provides an

opportunity for individuals, families, and communities to support one another in taking meaningful steps toward better health.

Health Benefits of Quitting Smoking.
According to the American Cancer Society:


- 20 minutes after quitting: Heart rate and blood pressure drop.
- 12 hours after quitting: Carbon monoxide levels in the blood return to normal.
- 2 weeks to 3 months after quitting: Lung function improves and circulation increases.
- 1 year after quitting: The risk of heart disease is cut in half.
- 5 to 10 years after quitting: Stroke risk drops significantly.
- 10 years after quitting: Lung cancer death rate is significantly lower than that of someone who continues to smoke.

(Source: American Cancer Society – Great American Smokeout)

Take the First Step Today

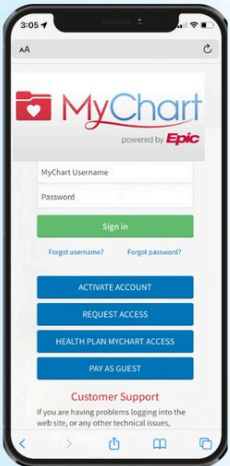
If you or someone you love is ready to begin a smoke-free journey, ONHS is here to support you. Contact your ONHS provider to learn more about quitting tools, support programs, and resources available year-round.

The Great American Smokeout is a reminder that your future can start with a single step—today.



MyChart

at the OSAGE NATION HEALTH SYSTEM






New Patient Portal:



- Improved access to your health information
- Communicate directly with your provider
- Request an appointment
- And more!


Install the app on iPhone or Android for real-time access to your health information

Apple version note: MyChart app versions 10.9 and above require iOS 16





OSAGE NATION HEALTH SYSTEM
A Culture of Caring

Observances for November and December:

November:

- American Diabetes Month
- Bladder Health Month
- COPD Awareness Month
- Diabetic Eye Disease Awareness Month
- Lung Cancer Awareness Month
- National Alzheimer's Disease Awareness Month
- National Epilepsy Awareness Month
- National Family Caregivers Month
- National Healthy Skin Month
- National Home Care & Hospice Month
- National Pancreatic Cancer Awareness Month
- Prematurity Awareness Month
- Pulmonary Hypertension Awareness Month
- Stomach Cancer Awareness Month

Awareness Weeks:

- National Diabetes Education Week: Nov. 2-8
- National Radiologic Technology Week: Nov. 2-8
- National Nurse Practitioner Week: Nov. 9-15
- Gastroesophageal Reflux Disease (GERD) Awareness Week: Nov. 23-29

Days to Note:

- National Diabetes Heart Connection Day— Nov. 9
- World Pneumonia Day — Nov. 12
- CTEPH Awareness Day — Nov. 12
- World Diabetes Day — Nov. 14
- World Prematurity Day — Nov. 14
- Great American Smokeout — Nov. 20
- National Family Health History Day — Nov. 27

December:

- National Safe Toys and Gifts Month
- International Sharps Injury Prevention Month

Awareness Weeks:

- National Handwashing Awareness Week: Dec. 7-13
- National Influenza Vaccination Week: Dec. 7-13

Days to Note:

- World AIDS Day: December 1
- International Day of Persons with Disability: December 3



JOIN THE CONVERSATION!

Learn about Osage Health Watch's mission to empower listeners with valuable information, resources, and inspiring stories—promoting health advocacy and positive change within Indigenous communities.



Follow OHW on Facebook, Instagram, X, Spotify, and YouTube to stay connected and informed!

IMPORTANT NUMBERS

Wahzhazhe Health Center
918.287.9300
Title VI 539.212.2510
Prevention 539.212.2521
ONHS Security 539.212.2559
Family Violence Prevention (FVP)
539.212.2506
FVP 24/7 Crisis Hotline
866.897.4747

24/7 Suicide Crisis Lifeline:
988

ONHS Counseling Center
M-F 8a-4:30p
539.212.2499

988 SUICIDE & CRISIS
LIFELINE